Builde up Strength, Corrects Disorders of the Digestion, Stomach, Insomnia and Circulation without the use of PRUGS. DIETING. OR OSTEOPATHY
Patrons can master the method
in two lessons at their homes,
Write, sail or phone.

repay them.

MENNEJE METHOD

Beauty and Health Lessons for the Summer

A New Series of Illustrated Articles Written by Miss Pauline Furlong for Women Readers of The Evening World.



By Pauline Furlong.

Copyright, 1916 by The Press Publishing Co. Exercise and the Thin Woman. The normal, healthy and beautiful oody should be incased in firm, round muscles, which in turn should be covered with a layer or padding of fat. No woman can call an angular,

THE MAGUIRES

for many years with Vogel Bros. have

opened a new store on Eighth Ave.

between 41st and 42d Sts.—a few steps

below the old corner. They are show-

ing a splendid line of Clothing, Furnish-

ings and Hats of the newest models

and fabrics at very reasonable prices,

and feel assured that a visit from their

old and new friends will more than

FRANK G. MAGUIRE

8th Avenue Bet. 41st and 42d Streets

but any weight in excess of what the body really needs to complete its formation must be considered as excess weight and not a healthy condition. Exercises are really more essential

for the thin woman than for the fat one, because the fact stands out clearly that they are the real means of building up new and healthy tissue and aiding the body in the elimination of the dead and waste matter. It is true also that the weight can be reduced through diet alone, but no woman can take on flesh and gain health through just diet. She must exercise to stimulate the blood circulation and appetite, and through this the food will be assimilated and properly digested. Excessive thinness shows the digestive organs to be seriously impaired, and only through exercise, regular and persistent, can this condition be remedied and im-proved. Diet alone, especially of the rich sweets and starches, which go to make fatty tissue, would only exaggerate faulty digestion, without

extra physical exertion.

Of course, the exercises should be continued only until you have become comfortably tired, and several minutes' practice three or four times a day will be more beneficial than half an hour once a day.

Long walks, with sufficient speed to stimulate the circulation and heart action, should be taken each day and

Ladies' Colonials, of Brown Kid and Calf and Gray Kid; perforated quart-

Shoes for Children

Style 18231

To-day's Hustration shows a pic-ture of the exiter picking former, af-ter a two-rolls wals through the woods looking for them. While terry picking is not a strangous same the the walk to find them and deep reathing meanwhile proved bench

at and exhibitating. To-day's monu suggestion is as folream, erfeat, corn muffins and but

baked apple. Dinner, broiled mutton chop, con-iled sweet pointies, romaine with ream, cheese balls and French dress

Letters From Readers. CURVATURE OF THE SPINE-

og, ice cream.

E. (a man reader) writes: "V thank both you and the paper, and thank both you and the paper for the good you are doing for humanity. Please tell me how to put flesh on the shoulders and arms. Also my face is every thin and no color whatever. What do you mean by the stretching and deep breathing exercises which you advise for me, also the easy chest catains? Please tell me how many rateing? Please tell me how many stamps to wind for the exercises I need most. Is it necessary for me to take the entire developing course? Of course, straightening my spine is the most important." Send me 20 cents and repeate your

questions and I will send deep breath-ing and stretching exercises, which you need. Chest raising was illus-trated Wednesday of this week. Baw eggs and milk, cereals, malted milk, olive oil and grope base will make blood and help you to get more color

MUDDY SKIN, THIN HAIR—Charles E. writest "My daughter, twenty years old, has nice bair, only it is very thin, Can you give a good tonic or treatment for it? Please tell something which will neurish the roots. Also her skin is what I would call middy looking, not that clear call muddy-looking, not that clear, healthy look of youth, as it should be, Kindly state what is good for this, and would alcohol and witch hazel improve her skin? She has not large

painfully thin body levely, no matter what may be the prevailing styles, but any weight in excess of what the

I am sure her diet is at fault, or probably she suffers from constipa-tion. Manage the scale highly, until it is loose from the head, with office oil to nourish the roots.

WANTS TO REDUCE HERTHA monds. Planse tell me how to reduce. The apper part of my arms are very lat. What should I do for this? I am rying some of the exercises, but they in not seem to do me much good."



The Scap to cleanse and purify, the Contract to scothe and heal all annoy-

Sample Each Free by Mail With 82-p. Skin Book on request. Address post-card "Cutteurs, Dept. 15th



For silver spoons of RHEINAROONS We need no longer fear; This burglar spies a better prize A case of Rheingold Beer!

## Rheingold

The truest temperance is not abstinence but moderation. Drink a beverage that is mildly stimulating, fine in flavor and beneficial in its effect, such as Rheingold Beer.

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bressers Closet WROLE FAMILY \$15.98

MONDAY AND SATURDAY EVENING

ALL ALTERATIONS

"GET THE HABIT.

GO TO BRILL BROTHERS FOR MOTOR CLOTHES



## JUNE SUIT SALE

One of the Real Big Clothing Events of the Summer

In a "rising" market as regards prices and a "shrinking" market as regards woolens (and that applies both to quantity as well as quality,) a sale like this means a good deal to every man and young man who is even remotely considering the purchase of one or two new Summer Suits-it is an opportunity for "DOLLAR SAVING" which should under no circumstances be overlooked—you will find here

> \$15.00 \$18.00 Suits

Bright New Summer Suits in This Season's Smartest Models

SMART PINCH BACKS-and, of course, hundreds of choice sack suits in stylish two and three button models, either quarter or fulllined-BLUE SERGES that will stay TRUE BLUE; Blue Flannels and Fancy Flannels; Pencil Stripes, Overplaids, Tartan Checks, Fancy Worsteds, Scotch Mixtures, Club Checks, Pin Stripes, Plain Grays and many others too numerous to mention.

## June Sale of \$2.50, \$3.00 and \$3.50 Straw Hats

In which is included the remainder of the sample line of BALCH PRICE & CO.

and several hundred others of good quality and make; also \$5.00 Genuine Panamas at \$2.65

June Sale of \$2.50 Quality Men's Shirts

Silk and linen, mercerized poplin, fine quality crepes and woven madras, in a choice assortment of patterns-four for \$7.00.

SILK NECKWEAR at 65c The usual dollar kind-foulards, mogadors crepes, and basket weaves.

Olive Drab Flannel Shirts and Cool Outing Clothes

Olive Drab Shirts for men....\$2.50 | 85.00 Flannel Trousers......\$3.65 Khaki Trousers......\$1.00 to \$1.50 | White Duck Trousers...\$1.00 to \$1.50 Smart, Cool Palm Beach Suits, special at .............\$6.00



279 Broadway, near Chambers Street Union Square, 14th Street, near Broadway 47 Cortlandt Street, near Greenwich Street 125th Street, Corner Third Avenue—Open Evenings Our New Store in Brooklyn on Flatbush Avenue at Fulton St. And Our New Store in Newark-791 Broad Street, at Market Union Square, Harlem, Brooklyn and Newark Stores Open Tomorrow Evening

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Ladies' White Nu-Buck Saddle Strap Sport Oxfords, with white rubber soles and heels. This style also in Tan Russia Cail, without saddle straps, at

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e same low price.

Leather or Rubber Soles ien's White Nu-Buck Oxfords. made on English last, with rubber or leather soles and heels; blind eyelets,

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Pumps for Children Children's Misses' and Low Cut Shoes White Nu-Buck

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one profit that can be small Higher priced in other shops

with shoes that yield service for every

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made on English last, with rubber or leather soles and heels; blind eyelets.

Thoroughly well made Pumps with ankle straps and silk ribbon bows—

Metal Calf and Patent Colt, at the low prices.

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